

Green Bamboo Shoots with Mayonnaise Recipe

(Taiwanese Recipe)

Ingredients: Serves 4

5 green bamboo shoots
½ cup white rice
1 small package mayonnaise

Method:

Rinse bamboo shoots well, remove the hard skin from the roots. With shell on remove to pan with 6 bowls of water added. Add rice and bring to a boil. Then reduce heat to low and cook for 15 minutes. Remove from heat and let both bamboo shoots and water cool. Then remove to refrigerator and chill until completely cold (about 1 day). Remove bamboo shoots from water in pan. Remove shells and cut into thick slices. Squeeze mayonnaise over shoots as desired. Let the rest of the bamboo shoots chill in water in refrigerator. Remove when needed. Cooking bamboo shoots with rice in this recipe is the secret to preparing this cold side dish. It will make the bamboo shoots taste especially sweet. Or add the water from rinsing the rice. If you forget to keep time when cooking, just look at the rice to see if the rice has split open. Remove the shell right before serving, to maintain the moisture and sweetness of the bamboo shoots.

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